

March 17th and 18th

10th Annual Statewide Training Presented by the Idaho Children's Trust Fund 2009 Strengthening Families Training Institute

Doubletree Riverside Hotel, 2900 Chinden Blvd., Boise, ID 83714



Welcome!

"It begins with Strengthening Families and it ends with Strengthening Families." This quote from the Director of Social Services in Illinois just about says it all. All of our child abuse prevention work is about making sure that children have the opportunity to thrive in healthy families. The other thing we know is that we're all in this together. Our tenth training institute will focus both on the best practices underway in Idaho and the nation and on how we can collaborate with each other to get more done for parents and their children. Strengthening Families is more than just a program; it is a comprehensive approach to preventing child abuse and neglect that focuses on how to make prevention and family strengthening everyone's business. Join us in March to share your experiences and learn from others.



**Prevent Child Abuse
Idaho**

a provisional chapter of Prevent Child Abuse America

The Idaho Children's Trust Fund became a full-fledged chapter of Prevent Child Abuse America in 2007. We look forward to building a statewide network of prevention advocates and sharing with Idaho the public awareness activities, information resources, and promising prevention strategies developed by and promoted through PCA America.

Keynote Presentations



Tuesday, March 17

Judy Langford

**The Strengthening Families
Approach: What makes it Work?**

We'll kick off on March 17th with Judy Langford, national project director and Senior Fellow at the Center for the Study of Social

Policy, who will present the research background and current status of Strengthening Families across the country. The Strengthening Families Initiative has introduced a new, evidence-based, universal approach to child abuse prevention, delivered by programs and staff who are NOT identified as child abuse prevention agents such as early care and education programs.



Wednesday, March 18

Jerry Tello

Strengthening Families, Strengthening Communities

Jerry Tello comes from a family of Mexican, Texan roots and was raised in south central Los Angeles. He is co-founder of the National Compadres Network and the Director of the National Latino Fatherhood and Family Institute. He is an internationally recognized expert in the areas of

family strengthening, community mobilization and culturally based violence prevention/intervention issues. He has extensive experience in the treatment of victims and perpetrators of abuse and in addictive behaviors, with a specialization in working with multi-ethnic populations.

Institute Schedule

We hope we have designed the workshops so that they will appeal to you whether you are a parent or a home visitor, a parent educator, a child care worker or a child welfare worker. There are also threads woven through the schedule to tie together the workshops for those of you looking for more depth in a certain area. Each workshop that specifically promotes some area of Strengthening Families work is marked with an (SF). All workshops that relate to ways of implementing the Program Improvement Plan (PIP) for child welfare services are marked with a (PIP). We have full day workshops on child sexual abuse and parent leadership to allow you to go deeper in those areas. Feel free to mix and match except where we are asking you to choose a full day track. Most of all we hope you will learn a lot and bring home ideas that will help you strengthen your role in reducing child abuse and neglect.

TUESDAY, MARCH 17, 2009

8:00 AM Registration and Continental Breakfast

8:45 – 9:00 Welcome

9:00 – 10:30 Keynote Presentation

10:30 – 10:45 Break

10:45 – 12:15 Session 1 Workshops

12:15 – 1:45 Buffet Lunch

1:30 – 3:00 Session 2: Community Café

3:00 – 3:15 Break

3:15 – 4:45 Session 3 Workshops

Session 1 Workshops, Tuesday 10:45–12:15

1A—Where do we go next?, Judy Langford (SF)

We have begun to build the protective factors framework into the work of child care programs around the state. What are the other opportunities for promoting Strengthening Families? Judy Langford will explore more deeply the potential for building the protective factors into all of our prevention work including child welfare practice, early childhood systems coordination, and parent leadership/involvement work.

1B—Communicating with Families Across the Divides, Roberto Bahruth, BSU

Much of the work that we support at the Idaho Children's Trust Fund focuses on parent education and helping families develop the ability and resiliency to nurture rather than abuse children. Understanding where parents are coming from, especially culturally, is a crucial aspect for us to be effective practitioners in our communication with parents. This workshop will focus on understanding principles of adult education and culturally competent communication.

1C—A New Approach to Developing Parent Leadership using Conversations that Count, Robin Higa, National Alliance of Children's Trust and Prevention Funds (SF) (PIP)

Has your agency or organization been looking for a meaningful opportunity to engage parents and support parent leadership in your community? What if there were a technique out there that was already helping businesses, communities, countries and systems achieve the change they wanted? What if you were able to learn about this technique and implement it in a way that facilitated leadership; equal voices for families; and partnerships between parents and programs? This interactive presentation will provide you with the basic tools and tips for conducting your own café that honors the unique cultures and diversity of your community!

This is the first session of an all-day workshop. The second session includes everyone from the Institute and the third session follows up on the theory and practice.

1D—Now That Was A Great Idea! The Replication Process Holly Whitworth, Help Inc, and Amy Valdez, Catholic Charities of Idaho

Have you ever thought, "Wow, I really like what this group is doing. How could we bring that program to my community?" Help, Inc and Catholic Charities have

been working together to benefit from the lessons learned through the El Valor de los Padres program in Idaho Falls as it is being established in Nampa. This workshop will explore the process of replication through their experiences of the last year.

Session 2 Community Café, Tuesday 1:30–3:00

After lunch on Tuesday, everyone participating in the Institute will be part of this community dialogue around questions that we all face as we seek to strengthen families and reduce the incidence of child abuse and neglect in Idaho and beyond. This is a process that works best when everyone is part of it. As a field we have many challenges that we can overcome through our collective wisdom. The Community Café process gives us opportunities to talk as small groups as we harvest the whole group's ideas. This is a process that is being used nationally to promote parent involvement and leadership.

Session 3 Workshops, Tuesday 3:15–4:45

3A—Conversations that Count, Part 3, Robin Higa (SF) (PIP)

In this third session of the day, participants will learn from the process they have participated in, troubleshoot issues in parent involvement and develop action plans for developing their parent leadership work.

3B—How are we Doing? Julie Wall, Research and Evaluation Consultant

Programs are increasingly pressed to provide evidence of program effectiveness. This workshop will provide some fundamental strategies for applying program evaluation to your program. Illustrated by the current evaluation model being developed for Strengthening Families, attendees will learn about selecting an evaluation approach, deciding whether or not to use a survey, and how to select or design one, and the concepts of reliability and validity. Attendees will develop a program implementation flow chart that represents their program steps, and will consider the measurements that will be used at each step of the process.

3C—The Interface Between Childhood Trauma and Mental Illness, Si Steinberg, MD

This workshop will explore the many psychiatric symptoms that present as a by product of child abuse and childhood trauma. These symptoms often result in corresponding psychiatric diagnoses and treatments with various potent psychotropic medications. Not only do many of these medications have severe adverse effects, they are not particularly effective for treating the symptoms of trauma. Dr. Steinberg will present an alternate model for understanding the psychiatric symptoms of trauma in childhood. This will be followed by a description and discussion of more effective treatment approaches for victims of child abuse and developmental trauma.

3D—Idaho's New Early Learning Guidelines: So Much More Than ABC and 1, 2, 3, Carolyn Kiefer, Idaho Head Start Collaborative

Knowledge of child development is one of the 5 protective factors in the Strengthening Families approach because when parents lack adequate awareness of children's developmental stages they can get frustrated and angry. Nurturing healthy development is much more than mastering a set of skills for school readiness. The Idaho Early Learning Guidelines (ELG) address the wholeness of child development and are to serve as a foundational document to guide adults' work with young children and their families. Carolyn will help participants understand how to use the new guidelines as a tool in prevention work.

Plenary Session, Tuesday 4:45–5:45

Statewide Awareness Work in April

This is a full Institute session to discuss plans for raising awareness of child abuse and neglect statewide. The Trust Fund has purchased almost 20,000
Continued top of next page

pinwheels to symbolize all the children born in Idaho last year that we plan to set up in pinwheel gardens statewide. Come and learn what's already been done and what you can do (or are already planning to do) to raise awareness in your community.

WEDNESDAY, MARCH 18, 2009

8:00 AM	Registration and Continental Breakfast
8:45 – 9:00	Welcome
9:00 – 10:30	Keynote Presentation
10:30 – 10:45	Break
10:45 – 12:15	Session 4 Workshops
12:15 – 1:30	“Board Award” Luncheon
1:30 – 3:00	Session 5 Workshops
3:00 – 3:15	Break
3:15 – 4:45	Session 6 Workshops

Session 4 Workshops, Wednesday 10:45–12:15

4A—Raising Children with PRIDE, Jerry Tello (PIP)

This workshop introduces the basic principles of two successful fatherhood programs that the presenter has developed: the Raising Children with PRIDE and Padres con Cara y Corazon programs. Padres focuses on guiding and supporting fathers to develop an active, positive, nurturing relationship with their children while assisting them to deal with the day to day struggles of fatherhood. The PRIDE curriculum is a multi-culturally based young fatherhood program (co-authored by Dr. Marilyn Steele) that provides comprehensive parent education to assist new or expectant fathers to be positive influences in the lives of children and family while assisting them in dealing with the multitude of challenges they face.

4B—Abuse, Violence and Disabilities, Kim Kane, Suicide Prevention Action Network

This workshop will focus on issues faced by parents and children with disabilities related to abuse. The workshop will look at disability awareness and etiquette, myths and realities around vulnerability of children with disabilities, risk factors that can lead to abuse, abuse by caregivers, and assessing abuse among children with disabilities. The workshop presenter will then examine strategies for preventing abuse of children with disabilities.

4C—What's PPD Got to Do With It?, Joan Sharp, Executive Director, & Chris Jamieson, Communications Director—Council for Children & Families/Children's Trust Fund of WA/PCA WA

This workshop will focus on Washington State's Post Partum Depression awareness campaign, Speak Up When You're Down. Presenters will address the interconnections between Post Partum Depression, early childhood mental health/social emotional development, reframing, and the Strengthening Families Protective Factor framework. Participants will learn about and be provided with examples of practical tools, products, messages, and events that the lead agency for the Speak Up campaign, the Washington State Council for Children & Families/Children's Trust Fund of WA/PCA WA, has developed/implemented. Beyond communications strategy behind the campaign, the presenters will also address programmatic and systems change efforts it is promoting/leading related to these linked issues.

4D—One Out of Four Girls in the US is Sexually Abused. Enough is Enough:

An introduction to Stewards of Children/Darkness to Light, Nancy Hausner, Stewards of Children trainer, Elaine Knobbs, KIDS Intervention and Diagnostic Center, Bend, OR. and Susie Fenger, Family Safety Network, Driggs, ID. *(This is a prerequisite for other sessions on Stewards of Children unless you have participated in this session previously.)*

The introductory film and discussion focuses on Darkness to Light's belief that adults should be taking proactive steps to protect children from child sexual abuse. It is unrealistic to think that a young child can take responsibility for fending off sexual advances by an adult. Adults are responsible for the safety of children. Adults are the ones who need to prevent, recognize and react responsibly to child sexual abuse. Yet, the statistics clearly show that adults aren't shouldering this responsibility. Darkness to Light believes that adults just don't know how. This introduction is the first step.

Session 5 Workshops, Wednesday 1:30–3:00

5A—Using the Media to Prevent Child Abuse and Neglect, Deb Coursen Smith, Northern Rockies News Service

Can you tell your story/news item in three sentences, or less? Do radio stations have to run PSAs? How does consolidation of radio, and TV, ownership affect your work in getting word to the public, and taking advantage of your right as a citizen to use the public's airwaves? Why don't stations call us for stories? The presenter will answer some of those questions and help you find ways to “crack” broadcast (and web) media, and guide you in messaging that works for broadcast media.

5B—Powerful Families: Latino Kinship Caregivers Speak Out, Evelyn Baldeon, Casey Family Programs; Janie Mendez, Catholic Charities of Idaho

This workshop will focus on the impact Powerful Families programming has had on helping Latino families navigate systems and advocate for themselves and others. Powerful Families is a strengths-based, family empowerment model provides kinship caregivers with tools to advocate for their families needs and the needs of other kinship caregivers.

5C—Collaborating for Change to Prevent Sexual Abuse Nancy Hausner, Elaine Knobbs and Susie Fenger,

In this second of three sessions on Stewards of Children, presenters from Driggs, Idaho and Bend, Oregon will discuss how they have implemented the Stewards of Children program in their community. Elaine Knobbs, from Bend, will highlight the successful non-traditional partnerships, community-led implementation methods and funding strategies used by the coalition. Session attendees will learn how this coalition is using intensive collaboration and community building methods to tailor child sexual abuse prevention messages and strategies for the region's rural and urban communities and communities of color. Susie Fenger with Family Safety Network in Driggs has made that rural community a model of prevention.

5D—Strengthening Families through Quality Child Care (PIP) Jane Zink and Maureen Durning, Idaho Association for the Education of Young Children

This workshop will focus on the nationally recognized curriculum developed by the Idaho AEYC and the Idaho Children's Trust Fund to teach child care providers how to become partners with parents to prevent child abuse and neglect. The curriculum is based on building protective factors that strengthen families. Child care providers are uniquely positioned because they have daily contact with both parents and their children and can help families over rough spots. This training has been incorporated into Idaho's Quality Rating and Improvement System for child care programs as an indicator of a quality program.

Session 6 Workshops, Wednesday

6A—Family Centered Practice Across Systems, Kathy Tidwell, BSU Child Welfare Center (PIP)

For both social workers and practitioners who work with them, this training will introduce basic concepts of family-centered practice and interagency collaboration to improve outcomes for families and children. It will explore questions related to how we can and why we must work across system boundaries using a family-centered practice approach. Participants will then work in groups to develop a plan that will increase the use of family-centered practice and expand collaboration across agency boundaries.

6B—Taking Action to Stop Child Sexual Abuse, Nancy Hausner, Elaine Knobbs and Susie Fenger

This final session of the series on the Stewards of Children program will focus on how you can take action in your own community to stop child sexual abuse. Building on the previous sessions, participants will work with the trainers to develop plans for implementing the Stewards of Children work where you live.

6C—Fatherhood—What's Going On in Idaho? (PIP), Curtis Peterson, Bright Tomorrows, Pocatello

Review of best practices in father parenting programs and an overview of programs available in Idaho. This workshop will help practitioners identify quality programs, recruit for, and maintain fatherhood programs.

6D—Organizing and Legislative Advocacy, Roger Sherman, Idaho Children's Trust Fund

This workshop will be a “how to get started” session on creating child friendly public policy in Idaho. Learn about: How much organizing and legislative advocacy can tax exempt organizations do; why advocacy should be part of your work to prevent child abuse and neglect; and what tools you can use to influence policy makers at the state and national levels.



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ACCOMMODATIONS

Doubletree Riverside Hotel
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The institute will be held at the beautiful Doubletree Riverside Hotel in Boise, Idaho. Situated on the Boise River with easy access to the greenbelt for walking, jogging, or biking, the Riverside has plenty of on-site parking and is conveniently located near restaurants, shopping and entertainment. The hotel is holding a block of rooms for the Strengthening Families Training Institute attendees. Please call the hotel

at 1-208-343-1871 and mention the Idaho Children's Trust Fund Training Institute by February 13 to reserve your room at the special group rate of \$86 per night single, or \$99 per night double. Reservations made after February 13 will be at the hotel's standard room rates. Shuttle service is available from the Boise Airport to the Doubletree Riverside Hotel. Please contact the hotel for details.

2009

PRE-REGISTER NOW FOR THE
2009
Strengthening
Families Training
Institute
March 17-18, 2009





TRAINING INSTITUTE REGISTRATION

10th Annual Strengthening Families to Prevent Child Abuse and Neglect Training Institute

March 17 & 18, 2009—Boise, Idaho • Doubletree Riverside Hotel
One form per person, copy as needed. Please type or print clearly.

Name: _____

Organization: _____

Mailing Address: _____ City, State, Zip: _____

Daytime Phone: _____ FAX: _____

Email: _____

Please choose one workshop per session:

Session 1 • Tuesday, March 17 • 10:45 – 12:15

- ☐ 1 A: Where Do We Go Next?
- ☐ 1 B: Communicating with Families Across the Divides
- ☐ 1 C: A New Approach to Developing Parent Leadership Using Conversations that Count
- ☐ 1 D: Now That Was A Great Idea! The Replication Process

Session 2 • Tuesday, March 17 • 1:30 – 3:00

- ☐ 2 A: Community Café

Session 3 • Tuesday, March 17 • 3:15 – 4:45

- ☐ 3 A: Conversations that Count, Part 3
- ☐ 3 B: How are we doing?
- ☐ 3 C: The Interface Between Childhood Trauma and Mental Illness
- ☐ 3 D: Idaho's Early Learning Guidelines: So Much More Than ABC and 1, 2, 3

Session 4 Workshops, Wednesday, March 18, 10:45 – 12:15

- ☐ 4 A: Raising Children with PRIDE
- ☐ 4 B: Abuse, Violence and Disabilities
- ☐ 4 C: What's PPD Got To Do With It?
- ☐ 4 D: One out of Four Girls in the US is Sexually Abused. Enough is Enough

Session 5 Workshops, Wednesday, March 18, 1:30 – 3:00

- ☐ 5 A: Using the Media to Prevent Child Abuse and Neglect
- ☐ 5 B: Powerful Families: Latino Kinship Caregivers Speak Out
- ☐ 5 C: Collaborating for Change to Prevent Sexual Abuse
- ☐ 5 D: Strengthening Families Through Quality Child Care

Session 6 Workshops, Wednesday, March 18, 3:15 – 4:45

- ☐ 6 A: Family Centered Practice Across Systems
- ☐ 6 B: Taking Action to Stop Child Sexual Abuse
- ☐ 6 C: Fatherhood—What's Going on In Idaho?
- ☐ 6 D: Organizing and Legislative Advocacy



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10th Annual Strengthening Families to Prevent Child Abuse and Neglect Training Institute

March 17 & 18, 2009—Boise, Idaho

One form per person, copy as needed. Please type or print clearly.

CEU's

Please check if you will require a certificate for CEU's.

- ☐ Full Institute12.0 CEU's
- ☐ Tuesday Only6.0 CEU's
- ☐ Wednesday Only6.0 CEU's

Special Needs—Please Specify

- ☐ Vegetarian Meals
- ☐ Mobility, visual, or audio access
- ☐ Spanish Interpreter

Registration Fees and Payment

Lunch is included both days

Early Registration (Postmarked by March 2nd)

- ☐ \$85 Full Institute
- ☐ \$55 Tuesday Only
- ☐ \$55 Wednesday Only
- ☐ \$60 Student: University _____ Major _____
- ☐ \$0 ICTF Multi-Year Grantee (Two people per grantee program)

Late Registration (Postmarked after March 2nd)

- ☐ \$100 Full Institute
- ☐ \$70 Tuesday Only
- ☐ \$80 Wednesday Only
- ☐ \$80 Student: University _____ Major _____
- ☐ \$0 ICTF Multi-Year Grantee (Two people per grantee program)

Total _____

Paid by:

- ☐ Check or Money Order # _____
- ☐ Purchase Order # _____
- ☐ PCA Transfer # _____
(Idaho Dept. of Health & Welfare employees ONLY)

Thank You!

Enclose a check or money order made payable to the Idaho Children's Trust Fund (ICTF).

Mail by March 2 for the early registration discount.

Mail to: ICTF, Strengthening Families Training Institute, P.O. Box 2015, Boise, ID 83701

If paying by P.O. or PCA Transfer, you may fax your completed registration form to 208-386-9955.

Questions? Please call 208-386-9317